



STATE OF CONNECTICUT
DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION
Police Officer Standards and Training Council
Connecticut Police Academy

GENERAL NOTICE 12-04

To: Chief Law Enforcement Officers
Training Officers
Protective Services
Resident Troopers

From: Thomas E. Flaherty
Police Academy Administrator

Date: March 28, 2012

Subject: **Council Action – Modification of the Cooper Fitness Test**

At the regular meeting of the Police Officer Standards and Training Council on March 1, 2012, the Council modified the Cooper Standards Fitness Test. The chest press component has been replaced by the push-up component. POSTC sponsored five "Fitness Test" updates to insure Cooper Instructors would know how to conduct the push-up test. These sessions were poorly attended.

In an effort to properly prepare departments and instructional staff, more sessions will be sponsored. Instructors should plan on attending one of the following one-hour sessions to be held in the POST Auditorium:

Thursday, April 5, 2012: 0530 hrs. & 1400 hrs.
Friday, April 13, 2012: 0830 hrs.
Tuesday, April 17, 2012: 0900 hrs. & 1100 hrs.

The new push-up test is difficult to administer. At least one representative from every department should attend to avoid future testing problems. This new test will begin on May 1, 2012.